

## **Welcome Back to the MRHS Newsletter!**

Most of you have been receiving our almost daily email blasts that started back in March, but we are happy to resume the printing and distribution of our familiar "greensheet," albeit an abbreviated version. As I write these words, New York City has entered Phase III of reopening, sans indoor dining. I want to commend all of you and the entire Morningside Gardens community for your courage, tenacity, good sense and neighborliness during these past four months. More than forty volunteers stepped up to assist their neighbors with shopping, prescription pickups, and other needed errands. The MRHS staff depended on these volunteers to help some of our most vulnerable clients. A total of 116 errands have been run (and continue to be run) that we've arranged, though many volunteers and others provided assistance off our radar.

These past few months have taken an emotional toll on many of us, as we have had to adjust to unexpected and unprecedented conditions. When the virus was first spreading in Italy and Milan went into quarantine, I recall having a conversation about how unimaginable it was to be stuck at home indefinitely. Well a few weeks later the unimaginable had arrived. It's not surprising that there has been increased depression and anxiety in the general population as people have become more isolated. Please do not hesitate to contact MRHS if you would like assistance in dealing with the emotional toll of Covid-19 or would just like to speak with someone about how you are feeling.

We look forward to seeing you back at MRHS before too long! In the meantime stay well.

--- Ron Bruno

## **MRHS Services During Covid**

The MRHS staff has remained active during the pandemic. They have been meeting online as a group every workday morning since the middle of March, planning for the day and the days ahead. While working mostly from home, the staff has stayed in regular contact with MRHS clients by telephone and video chat. They have also coordinated with volunteers and outside agencies to provide assistance when needed.

From March 15 to this writing on July 10, MRHS staff has made 1,540 check-in calls to older adult Gardens residents. One hundred, eighty-five (185) older adults have received at least one check-in call during this period. These calls are continuing during the pandemic.

At least one staff person has opened the office every working day to respond to on-site emergencies or situations that require an in-person intervention, such as handing out masks, sending a fax to a medical provider or supplying medical equipment that MRHS has on hand.

MRHS has transitioned many programs to an online platform through Zoom and staff has provided individual assistance to residents who needed help with this. As of July 10, one hundred, thirteen (113) online class sessions have taken place. MRHS has been sending out almost daily email blasts (76 blasts in total since March 15) to keep the community up to date on Covid-related developments, community news, MRHS programs, as well as opportunities for enrichment and relaxation while marooned indoors.

MRHS has provided a limited number of smartphones and other technology to those in need. We have distributed more than 500 face masks, most of them made and donated by Building 6 resident Nancy Ross.

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## MRHS Services (*continued*)

MRHS staff has been involved in making sure that older residents have enough food on hand, by helping them to order by telephone and online, and by assisting them with the free meal delivery to seniors available from the city. MRHS has also provided a limited number of frozen meals to those in immediate need.

MRHS staff has been able to accomplish all this while juggling childcare and other personal issues impacted by Covid-19. Thank you!

## Happy July/August Birthday!!

To: Tova Francus, Michael Greene, Kathy Hinton, Joan Mansoury, Sui Yung Moy, Barbara O'Farrell, Maryellen Peinelt, Angela Schramm, Chein Wu, Anne Burley, Funghing Chao, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Phyllis Mais, Dana Minaya, Rajdai Puran, Iris Shen, Lotte Strauss, Susan Wersan, Llewelyn Williams, and Lucienne Yoshinaga.

## Important Information

MRHS is still closed to the community but staff is available by calling 212-666-4000 or email:

Ron Bruno – [ronb@mrhsny.org](mailto:ronb@mrhsny.org)

Joanna Stolove – [joannas@mrhsny.org](mailto:joannas@mrhsny.org)

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Paul Fleischmann – [paulf@mrhsny.org](mailto:paulf@mrhsny.org)

## Volunteer Recognition

Normally MRHS would have honored its volunteers in June at our annual Spring Recognition Luncheon. We even had our guest speaker lined up! Due to Covid-19, we had to postpone the luncheon to a later date, not yet determined.

But we want to take this opportunity to thank all our volunteers, including the many new volunteers who came forward to help their older adult neighbors during the past four months during the pandemic.

## Current MRHS Online Classes

### Monday

**Stronger Seniors Workout**  
(Strength & Stretch), 11am - 12pm

**Writing Group**  
2:30pm - 3:30pm

**Naam Yoga**  
5:00pm - 6:30pm, until August 3

### Tuesday

**Life Story Workshop**  
11am – 12pm, until August 11

### Wednesday

**10 Years Younger Workout**  
(Cardio & Aerobics), 11am - 12pm

**Book Group**  
3pm - 4pm, meets once per month

**Memory Tree**  
3pm – 5pm

### Thursday

**ZUMBA Workout**  
(Cardio & Dance), 10am - 11am

**Concerts In Motion**  
(live classical music), 2pm – 3pm

**Botanical Art Class**  
2pm – 4pm, until August 27

### Friday

**Bloomingdale Music Class**  
1pm – 2:30pm, until August 28

*Programs may be joined by going to [mrhsny.org](http://mrhsny.org), clicking on the "Virtual Online Classes" button on the home page and then clicking on the Zoom link for the class you would like to join when the class begins.*

*To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000 or email one of the staff people listed to the left.*

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